Mindfulness: The Key to a Happier, Healthier Life

by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*©** | 07 June 2023 |

Mindfulness: The Key to a Happier, Healthier Life

Reviewing what I've written these past 6 days I do think you've received a good foundational knowledge of Mindfulness.

I wil lead us now down a path of deeper introspection of our surface knowledge. It is up to you if you want to practice what we've posted these past 6 days. Jesus spoke on the mysteries to the keys to Heaven. The **Greek word for mysteries** is esoteric, mystery, secret doctrine.

While even as a science fiction fan and game quest gamer, I would love to seek out secret doctrines.. Truth be told. Meditation and Yoga have been mystified when

Advertisements

The Best Women's Sandals for Walking and Standing All Day

READ MORE

WalkJoyful

there are no “secret” teachings of yoga or meditation. And both of these disciplines have as I’ve shown comes to us with 5000-year old traditions. It was passed on one on one. The internet now can connect us instantly live with any meditation or yoga live stream.

The secret is…if you stick with these mindfulness practices and incorporate the principles into your life, you will see many benefits. When we move beyond the mat, beyond the asana, and reflect what is this teaching me. Then you are learning to incorporate the principles. And as I’ve stated many tiimes, you are in charge of if you do or not. My job is just to present the material with references. This is for you and your journey to seek what works and does not work for you.

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a simple but powerful tool that can help you to reduce stress, improve your mood, and boost your overall well-being.

Here are a few tips for practicing mindfulness:

- **Find a quiet place where you will not be disturbed.**
- **Sit comfortably, either in a chair or on the floor.**
- **Close your eyes and take a few deep breaths.**
- **Focus on your breath as it enters and leaves your body.**
- **If your mind wanders, gently bring it back to your breath.**
- **Continue for 5-10 minutes.**

You can practice mindfulness anywhere, at any time. You can do it while you are walking, eating, or working. The more you practice, the better you will become at it.

Mindfulness is a powerful tool that can help you to live a happier, healthier life.

Advertisements

Here are some additional benefits of mindfulness:

- **Improved focus and concentration**
- **Increased self-awareness**
- **Reduced anxiety and depression**
- **Improved sleep quality**
- **Enhanced creativity**
- **Increased compassion and empathy**

If you are looking for a way to improve your life, mindfulness is a great place to start. It is a simple, yet powerful practice that can have a profound impact on your well-being.

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a simple but powerful tool that can help us to reduce stress, improve our mood, and boost our overall well-being.

Ethics, on the other hand, is a set of moral principles that govern our behavior. It is what tells us what is right and wrong, and what we should and should not do.

While mindfulness and ethics may seem like two separate things, they are actually closely related. Mindfulness can help us to become more aware of our own thoughts and feelings, and to see the world through a more objective lens. This can lead to a greater understanding of our own ethical values, and to a more ethical way of living.

How Mindfulness Can Enhance Ethics

Mindfulness can enhance ethics in a number of ways. First, it can help us to become more aware of our own thoughts and feelings. When we are mindful, we are not caught up in our thoughts and feelings. We are able to observe them without judgment, and to see them for what they are. This can help us to understand our own motivations, and to make more ethical choices.

Second, mindfulness can help us to see the world through a more objective lens. When we are mindful, we are not caught up in our own biases and prejudices. We are able to see the world as it really is, and to make more ethical decisions based on this understanding.

Third, mindfulness can help us to develop compassion and empathy. When we are mindful, we are able to see the world from the perspective of others. We are able to understand their thoughts and feelings, and to see the world through their eyes. This can help us to make more ethical choices that take into account the needs of others.

Advertisements

Ethics can also enhance mindfulness in a number of ways. First, ethics can help us to develop a sense of purpose. When we live an ethical life, we are living in accordance with our own values. This can give us a sense of purpose and direction, and can make it easier to stay mindful.

Second, ethics can help us to develop self-discipline. When we live an ethical life, we are making choices that are in line with our values. This requires self-discipline, and can make it easier to stay mindful.

Third, ethics can help us to develop a sense of community. When we live an ethical life, we are contributing to the well-being of others. This can help us to feel connected to others, and can make it easier to stay mindful.

Conclusion

Mindfulness and ethics are two closely related concepts. Mindfulness can enhance ethics, and ethics can enhance mindfulness. By practicing mindfulness and living an ethical life, we can create a more peaceful and harmonious world.

Additional Benefits of Mindfulness and Ethics

In addition to the benefits mentioned above, mindfulness and ethics have been shown to have a number of other benefits, including:

- **Reduced stress**
- **Improved mood**
- **Increased self-awareness**
- **Improved sleep quality**
- **Enhanced creativity**

Advertisements

If you are looking for a way to improve your life, mindfulness, and ethics are a great place to start. They are simple, yet powerful practices that can have a profound impact on your well-being.

Rhetorically speaking, anyone involved in any spiritual practice has to begin to hold thoughts in meditation/yoga questioning. Yes, the question does this work for me, am I just following along, have I merged my knowledge into my poses. All of those are thoughts we should let hover until it's time to check in with it.

I also 100 percent believe all individuals do self-care first. We all need breaks. I look at teaching as an ocean. It ebbs and flows. It is easier to swim with the stream than against it. Just ask a salmon. Self-care means we reflect also upon what are our own boundaries get to set? This is the highest form of mindfulness/yoga is self-care. Be sure to check in with yourself daily, and get a pulse of where YOU are at. Plan accordingly with no need to explain. No need for judgment. It's your day.

Again we build our practice in stages. I teach from a Raja Yoga and Hatha Yoga understanding. This has been flowing in my stream since 1995. Again not daily, but consistently. So I can only speak and teach from where I am. This is why I link to other yoga instructors and other teachers. I don't want to be the only voice you hear with my style of teaching. I want to expose you to the beauty of these traditions flowing within our cultures for over 5000 years.

I teach from a loving compassionate center. It's my goal? How I teach is: I give information, resources, and research, and let you filter it how you choose. I believe our eyes, focus, speaking, and thinking, are centered upon our own path. I believe and teach with the understanding you as a human being get to walk your path with no judgment. I want to present information in a trauma-informed, accessible manner. Respecting your individuality. I also want to present yoga and mindfulness in a safe, protected, and respectful manner. This comes easily for me, yet I also yearly have to re-evaluate our **Yoga Alliance** and **World Yoga Federations** ethics. It is my responsibility as they certify me. I want to give you accurate information for your consideration.

I'm pretty much transparent, however I want to clarify. I do not list Yoga Alliance or World Yoga Federation as a boastful way. No, rather, we all want to make sure, what you are taught is from certified individuals. It's to protect you.

Spiritual disciplines are practices that help us to grow closer to God, or your concepts. They can include things like prayer, meditation, reading scripture, and service to others. While spiritual disciplines can be very beneficial, it is important to practice them ethically. Note when I say, reading scripture, it is for the books of the path you follow. Yoga and meditation does not challenge any faiths or no faiths. I respect your choices, I just teach meditation and yoga. Keeping within our own lanes prevent any trauma and karma.

Advertisements

Ethics is the study of right and wrong. It is a way of thinking about what we should and should not do. There are many different ethical frameworks, but they all share the same basic goal: to help us make good choices.

Why is Ethics Important in Spiritual Disciplines?

There are several reasons why ethics is important in spiritual disciplines. First, spiritual disciplines can be very powerful. They can help us to connect with God, to grow in our faith, and to change our lives for the better. However, if we are not careful, spiritual disciplines can also be used for selfish or harmful purposes. For example, someone might use prayer to manipulate others, or they might use meditation to escape from their problems instead of facing them.

Second, spiritual disciplines can be very personal. They often involve sharing our deepest thoughts and feelings with God. If we are not ethical in our spiritual practices, we can end up hurting ourselves or others. For example, someone might share their darkest secrets with God in a way that is hurtful or self-destructive.

Third, spiritual disciplines can have a big impact on the world around us. When we practice spiritual disciplines, we are not just changing ourselves. We are also changing the world. If we are not ethical in our spiritual practices, we can end up doing more harm than good. For example, someone might use their spiritual gifts to manipulate others or to justify their own selfish behavior.

How to Practice Spiritual Disciplines Ethically

There are a few things we can do to practice spiritual disciplines ethically. First, we

Advertisements

Second, we need to be aware of the potential for harm. Spiritual disciplines can be very powerful, and they can be used for both good and evil. We need to be careful not to use them in a way that hurts ourselves or others.

Third, we need to be accountable to others. It can be helpful to find a spiritual director or mentor who can help us to stay on track and to keep our spiritual practices ethical.

Conclusion

Spiritual disciplines can be a powerful force for good in our lives. However, it is important to practice them ethically. When we do so, we can grow closer to God, make a difference in the world, and live a life that is truly meaningful.

Additional Benefits of Ethical Spiritual Disciplines

In addition to the benefits mentioned above, ethical spiritual disciplines have been shown to have a number of other benefits, including:

- **Increased self-awareness**
- **Improved relationships**
- **Reduced stress**
- **Improved mood**
- **Increased compassion and empathy**
- **Improved sleep quality**
- **Enhanced creativity**
- **Increased happiness**

If you are looking for a way to improve your life, ethical spiritual disciplines are a great place to start. They are simple, yet powerful practices that can have a profound impact on your well-being.

So we are going in stages towards our goal in going deeper with mindfulness. You should have a good foundational knowledge of mindfulness. We've tried some of our own choices in meditation techniques. Now we understand this path we've chose in mindfulness leads to a deeper connection to our spiritual beliefs. So now we work on how we play with "ethics" in our expressioin of life. Thats a personal journey, I can't nor won't teach that. I present basics. What you do with it is your choice. I'll never teach in a manner that is "my way or the highway" style. I teach with the respect I give you to make your own choices.

Advertisements

Bw sure today to at least go sit outside if it's not inclement weather. Go outside and spend five minutes sitting in silence. Just listen to the sounds of nature without holding onto thoughts of what you hear. Just let it present itself in the present moment. If that is the only mindfulness takeaway from all this, then you have a great practice right there.

Pre-Caution

While engaging in any **yoga activities, always remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

> **Always listen to your body and modify poses as needed.** Also review on our ***website***, our guidance on using Yoga for mental health purposes.

Yoga

Here are some Yin Yoga poses that are good for developing ethics:

- **Supported Fish Pose (Matsyasana)**: This pose helps to open the chest and heart, which can promote feelings of compassion and openness. To do Supported Fish Pose, lie on your back with your knees bent and feet flat on the floor. Place a bolster or rolled-up blanket under your hips and another under your head. Relax your arms by your sides, palms facing up. Hold for 5-10 minutes.

Advertisements

https://www.fireflycommunity.com/post/2018/09/03/yoga-pose-of-the-month-supported-fish

- **Pigeon Pose (Eka Pada Rajakapotasana)**: This pose helps to open the hips and groin, which can promote feelings of relaxation and ease. To do Pigeon Pose, start on your hands and knees. Bring your right knee forward and place it behind your right wrist. Extend your left leg back behind you, keeping your left foot flexed. Lower your hips down towards the floor, keeping your back straight. Hold for 5-10 breaths, then repeat on the other side.

https://yogisanonymous.com/poses/supported-pigeon-pose-salamba-eka-pada-rajakapotasana

- **Reclining Bound Angle Pose (Supta Baddha Konasana)**: This pose helps to open the hips and groin, as well as the inner thighs and knees. To do Reclining Bound Angle Pose, lie on your back with your knees bent and feet flat on the floor. Bring the soles of your feet together and hold your feet with your hands. Bring your knees towards your chest, then release them back down to the floor. Hold for 5-10 minutes.

Advertisements

Reclined Bound Angle Pose
Supta Baddha Konasana
Chest broad
Chin lifted slightly, eyes closed or gazing softly ahead
Navel active, drawing up and in towards spine
Allow knees to fall towards the earth as hips open
Entire length of spine flat against the earth
yoga

https://yogajala.com/reclining-bound-angle-pose-supta-baddha-konasana/

- **Easy Pose (Sukhasana)**: This pose is a great way to start your Yin Yoga practice, as it helps to calm the mind and body. To do Easy Pose, sit on the floor with your legs crossed. Bring your right hand to rest on your right thigh and your left hand to rest on your left thigh. Relax your shoulders and back. Close your eyes and focus on your breath. Hold for 5-10 minutes.

Crown of the head reaching up toward the sky
Chin tucked in towards the chest slightly
Chest lifting up and forward
Spine long and straight, back flat and upright
Core active, navel drawn up and in towards the spine
yoga

https://yogajala.com/easy-pose-sukhasana/

These are just a few examples of Yin Yoga poses that can be helpful in developing ethics. It is important to find poses that feel comfortable and that you can hold for a long period of time. As you practice Yin Yoga, you may find that you become more relaxed and more able to focus on your breath. This can help you to create a sense of calm and stillness that is conducive to ethical reflection.

Here are some reasons why Yin Yoga poses are good for developing ethics:

- **They promote compassion and openness.** When we practice Yin Yoga, we are often called upon to hold challenging poses for long periods of time. This can be a very humbling experience, and it can help us to develop compassion for ourselves and for others.
- **They promote relaxation and ease.** When we are relaxed and at ease, we are better able to think clearly and make ethical decisions.

Advertisements

- **They promote a sense of community.** Yin Yoga is often practiced in group settings. This can help us to connect with others and to develop a sense of community, which can support our ethical journey.

If you are interested in developing your ethics, Yin Yoga can be a helpful practice. It is a gentle and mindful practice that can help you to become more compassionate, relaxed, and self-aware. These qualities can all contribute to more ethical behavior.

Research

These are 3-4 scientific and academic research on mindfulness and its effects on happiness and health:

1. **Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. Journal of Personality and Social Psychology, 84(4), 822-848.**

This study found that mindfulness is associated with a number of positive outcomes, including increased happiness, reduced stress, and improved self-regulation.

2. **Zeidan, F., Johnson, S. K., Diamond, B. J., David, Z., Goolkasian, P., & Goolkasian, P. (2010). Mindfulness meditation improves cognition: Evidence of brief mental training. Consciousness and cognition, 19(2), 597-605.**

This study found that mindfulness meditation can improve cognitive function, such as attention, memory, and executive function.

3. **Chiesa, A., Calati, R., & Serretti, A. (2011). Does mindfulness training improve cognitive abilities? A systematic review of neuropsychological findings. Clinical psychology review, 31(3), 449-464.**

This review found that mindfulness training is associated with improvements in a variety of cognitive abilities, including attention, memory, and executive function.

4. **Vujanovic, A. A., Arch, J. J., & Ayalon, A. (2010). Mindfulness meditation for the treatment of chronic pain: A review of the literature. Journal of Pain, 11(10), 989-1004.**

This review found that mindfulness meditation can be effective in reducing chronic pain.

These are just a few examples of the many scientific and academic research that has been conducted on mindfulness. The research suggests that mindfulness can

Advertisements

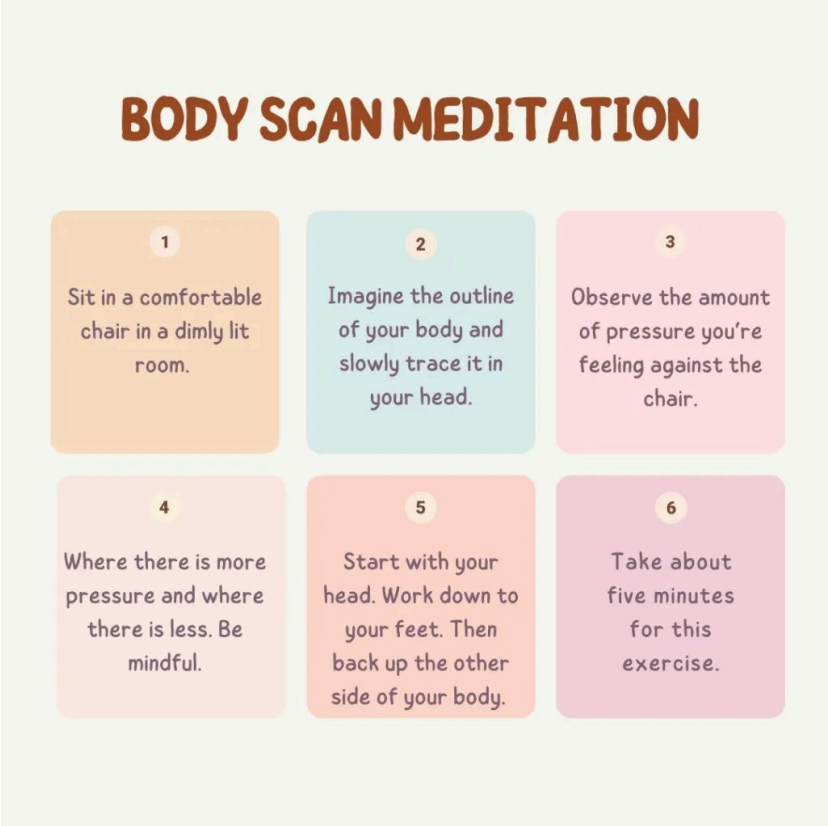
mindfulness classes and workshops in your community.

Sources (info)

1. guichon-valves.com/practice-of-mindfulness-at-guichon-valves/
2. search.proquest.com/openview/36d360549978a19801995eeffca61389/1?pq-origsite=gscholar&cbl=18750&diss=y
3. www.researchgate.net/publication/261985282_Lomas_T_2014_Masculinity_Meditation_and_Mental_Health

---

Resources

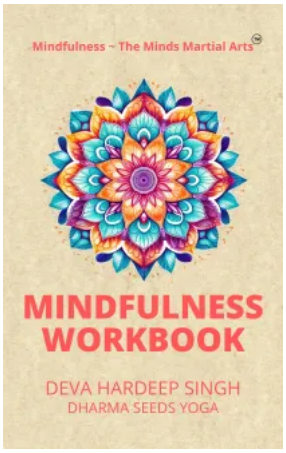

BODY SCAN MEDITATION
1
Sit in a comfortable chair in a dimly lit room.
2
Imagine the outline of your body and slowly trace it in your head.
3
Observe the amount of pressure you're feeling against the chair.
4
Where there is more pressure and where there is less. Be mindful.
5
Start with your head. Work down to your feet. Then back up the other side of your body.
6
Take about five minutes for this exercise.

- **PTSD resources**
- **The National Center for PTSD: https://www.ptsd.va.gov/**
- **The Rape, Abuse & Incest National Network (RAINN): https://www.rainn.org/**
- **The National Alliance on Mental Illness (NAMI): https://www.nami.org/**
- **The American Psychological Association: https://www.apa.org/**
- **Prison Yoga Project – 200hr Yoga Teachgers Training: https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/**

You can also find a therapist in your area by visiting the Psychology Today therapist directory: **https://www.psychologytoday.com/us/therapists**

Advertisements

Buy Dharma Seeds Yoga Press new book



Coming in July 2023

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.The Mind's Martial Arts™ is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts™ is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.Mindfulness is a skill that can be learned and practiced.Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness

Advertisements

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

Find Deva on World Yoga Federation

dharmaseedsyoga June 7, 2023

Accessible Yoga, Asanas, Hatha Yoga, Health & Wellness, Meditation, Mental Health, Raja Yoga,

Advertisements